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Tell yourself “Change begins with me!”, now believe it wholeheartedly. If you want something done, do it. You have the reins, but do you have the courage? Do you have the bravery? Do you behold the strength to stand up as others are lining up to thrust you down? Yes, but how long can you resist the pressure? The pressure to conform is infinite. Persevere, my friend, you are not alone. Listen to your fervent heartbeat, the heart of a lion. Let the rhythm of your passion drive you confidently in the dark, guided only with the flickering light of your intuition.

Do not save things to do later. This spiraling revolution in your mind must manifest in the best time, the present, this very moment. It’s crucial that you understand the significance of yourself. With roughly 7 billion people on earth, even if we all influence only a few others, every good decision will begin its endless ripple of positive effects. Just as Martin Luther King Jr. went beyond swaying his hometown, his state, his very nation, we must be bold enough to be tidal waves. We must be audacious and have faith in ourselves. You, yes you, are capable, but are you willing?

There’s an immense temptation to follow the trends of society, whether they should be permissible or not. There’s an eerie simplicity to obeying the rules without questioning them. It takes only one person, a true visionary; to be able to not only recognize the societal fault, but to respond to it in an appropriate manner. Once again, Martin Luther King Jr. exemplifies this persona perfectly. Martin Luther King Jr. had a goal and sought to see it come true. Martin Luther King Jr. envisioned a dream and held nonviolent protests to help cultivate this vision into reality. Indeed, Martin Luther King Jr. had known and told himself internally that, “Change begins with me!” he told himself this, and believed it wholeheartedly.

No matter the situation, whether it a branch of discrimination, any form of segregation, or any type of hate crime, stand up. Do not turn a blind eye, be aware. Do not allow that to become the norm, take action. Your decision will take its effect on all those around you. To establish a positive, constructive change in yourself is a guarantee influence on those whom surround you. You have the ability to light the match of a righteous fire that burns for equality, demands for fairness, and commands for justice. You have the ability, but do you have the confidence? You have the reins, but will you steer? You can be the tidal wave, or you can be displaced involuntarily by the sea, forever drifting. We must endure this ever-flowing current of conformity, and push ourselves forward. Once again, persevere, my friend, you are not alone. Just listen to your heart beat, the heart of a lion, and tell yourself "Change begins with me!", and now believe it. Yes, believe that truth wholeheartedly.